



Aerobic Gymnastic

NEWSLETTER – Nº 04 – November 2025



Sharm El Sheikh (EGY), November 2025

To: All Member Federations

The FIG AER-TC wishes to notify our Member Federations of the following information.

< INFORMATION >

RE-TEST Judges' Course

There are still open places for the Re-Test for the AER Judges' Course in Lausanne.

If any judge, who have taken the International Courses and did not meet the standard, please contact FIG office for a late registration as soon as possible.

Arrival: November 30, 2025

Course: December 1, 2025

Exam: December 2, 2025 (in the morning)

Departure: December 3, 2025 (or late afternoon of the 2nd)

More details are available in the FIG website.

< CLARIFICATIONS / RIMENDER >

The FIG AER-TC would like to Clarify and Remind below matters:

PART 2

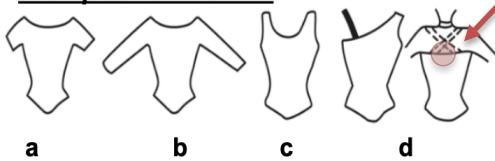
CHAPTER 3: 3.12 – COMPETITION ATTIRE < WOMEN > (page 15)

Holes in women's leotards:

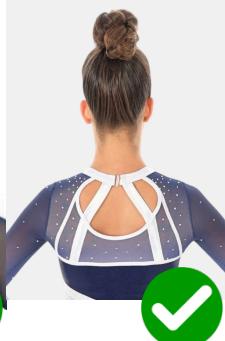
As illustrated in the picture below, taken from the Code of Points, holes in leotards are permitted, provided they comply with the following regulations:

- For the front of the leotard / unitard, any hole located on the trunk must not extend lower than halfway down the sternum.
- For the back of the leotard / unitard, any hole must not extend below the lower line of the shoulder blades.

Examples for WOMEN



Examples of allowed and deduction for women leotard:



Aerobic Dance / Aerobic Step – Skirt

The skirt shall consist of one or more layers of continuous fabric/material forming a whole piece and must extend and cover around the entire circumference of the hips. Elements made solely of strips or fringes shall not be considered a skirt, even if they partially cover the same area. The skirt shall not have excessive volume or resemble a type of ballet "Tutu".





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CHAPTER 6: 6.4 – EVALUATION (page 31)

Regarding the artistic deductions, the Technical Committee would like to remind you all that the applicable deductions are exclusively those listed in the table of the Code of Points.

There are NO DEDUCTION related to “the **quality of music** and/or **abusing of the sound effects**.”

Music quality and/or sound effects are evaluated on the provided Scale under Music (Selection, Composition, Editing Quality, Musicality).

DEDUCTION (Reduce)

| Criteria | Details | Reduce |
|------------------|----------------------------|-------------------------|
| Aerobic Content | Missing AMP set | -0.50 (each set) |
| | Missing AMP Block | -0.50 |
| General Content | Less than 3 collaborations | -0.50 |
| | Missing zone / area | -0.50 |
| Artistic Routine | Missing introduction | -0.50 |
| | Ending with elements | -0.50 |
| Performance | Performed with a FALL | -0.50 |

CHAPTER 6: 6.7 – EVALUATION (page 37)

Clarification of the word “**directly**” in relation to the deduction applied to the ending of the routine.

For **proper ending of the routine**, if the gymnast includes an element (Difficulty / Acrobatic) in the end of the routine, the gymnast **MUST execute at least 4 counts of movements** following the last element until the end of the routine (ending pose maybe included).

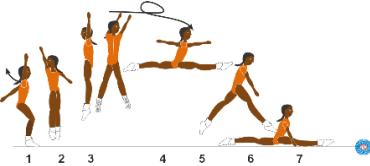
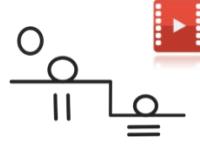
Deduction (reduce) from the scale score at the end:

- If there is no “Opening” or starts directly with an element, the A-Jury will reduce **-0.50**
- If the routine ends directly with an element (**less than 4 counts**), the A-Jury will reduce **-0.50**



APPENDIX 8–DIFFICULTY ELEMENTS – SPLIT JUMP and SWITCH TO SPLIT

Example videos: clear switch action need to be seen.

| No. | Value | 1/1 TURN SPLIT JUMP TO SPLIT |
|-------|-------|---|
| B 677 | 0.7 | <p>1. A Vertical Split Jump from two feet take off. 2. While airborne the body makes a 360° turn, the body inclines and prepares for landing. 3. Landing in Sagittal Split facing the same direction from the start.</p>   |

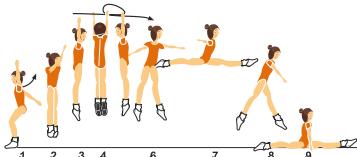
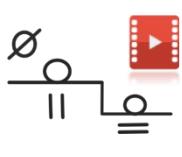


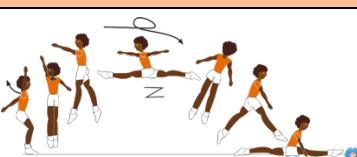


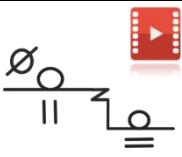
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| 1 1/2 TURN SPLIT JUMP TO SPLIT | | | |
|---------------------------------------|------------|--|--|
| B 678 | 0.8 | <ol style="list-style-type: none"> 1. A Vertical Split Jump from two feet take off. 2. While airborne, the body makes a 540° turn, the body inclines and prepares for landing. 3. Landing in Sagittal Split facing the opposite direction from the start. |   |

| 1/1 TURN SPLIT JUMP SWITCH TO SPLIT | | | |
|--|------------|---|--|
| B 688 | 0.8 | <ol style="list-style-type: none"> 1. A Vertical jump from two feet take off with a 360°turn into a Split. 2. While airborne the legs switch, the body inclines and prepares for landing. 3. Landing in Sagittal Split facing the same direction from the start. |   |

| 1 1/2 TURN SPLIT JUMP SWITCH TO SPLIT | | | |
|--|------------|---|--|
| B 689 | 0.9 | <ol style="list-style-type: none"> 1. A Vertical jump from two feet take off with a 360°turn into a Split. 2. While airborne, the legs switch with a rotation of the body of 180°, then the body inclines and prepares for landing. 3. Landing in Sagittal Split facing the opposite direction from the start. |   |

< CORRECTION > Newsletter 3

Please make correction to the “TAKE OFF and LANDING OPTION” chart.

DELETE: ONE or

Sagittal Split Jump must take off with **TWO FEET** only.

| TAKE OFF AND LANDING OPTIONS (ONE OR TWO FEET) FOR STANDING JUMPS / LEAPS | | | | |
|---|----------------------------|------------------------|---|---------------------|
| BASE NAME | COP – TAKE OFF DESCRIPTION | TAKE OFF / OPTIONS | COP LANDING DESCRIPTION (for land n STANDING) | LANDING in standing |
| Sagittal Split Jump | Two-foot take off | ONE or TWO FEET | Land on both feet | TWO FEET |

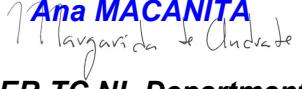
<Competition Calendar > 2025

< CALENDAR 2025 > as of October 31, 2025

| ID | DATES | TITLE | CITY |
|-------|-------------------------|-------------------------------------|-------------|
| 17968 | 09/11/2025 - 11/11/2025 | 1st European Under 15 Championships | Ganja (AZE) |
| 17967 | 09/11/2025 - 11/11/2025 | 14th Junior European Championships | Ganja (AZE) |
| 17966 | 14/11/2025 - 16/11/2025 | 14th Senior European Championships | Ganja (AZE) |
| 18285 | 22/11/2025 - 23/11/2025 | 2025 10 th Korea Open | Busan (KOR) |

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